

WHAT RESULT DO WE WANT?

All birthing people have healthy pregnancies and maternal birth outcomes.

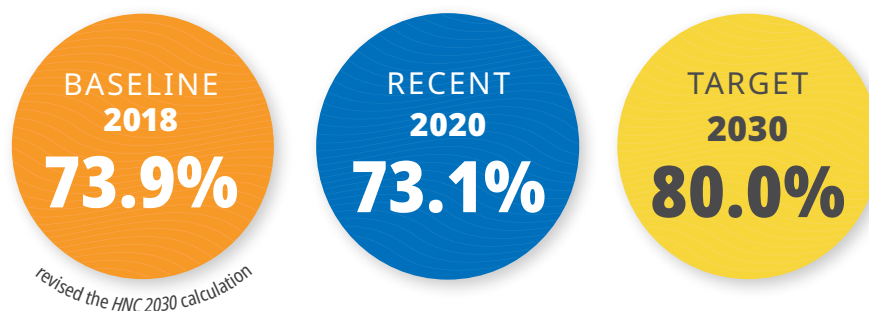
WHY IS THIS IMPORTANT?

Prenatal or antepartum care is care given to pregnant women by an obstetrician or midwife and increases the likelihood of a safe and healthy delivery. Components of prenatal care recommended by the American College of Obstetricians and Gynecologists (ACOG) and the American Academy of Pediatrics (AAP) include determination of gestational age, fetal ultrasound imaging, routine laboratory testing, immunizations, genetic screening, psychosocial risk screening and patient education. According to the National Institute of Health, engaging in prenatal care early and consistently in pregnancy is an essential preventative factor in reducing adverse pregnancy outcomes such as low birth weight.¹ By addressing chronic diseases such as diabetes and hypertension associated with preterm birth, prenatal care has been found to reduce adverse birth outcomes. Assessment of prenatal care utilization is considered a critical step in improving prenatal care access and birth outcomes.^{2,3}

HNC 2030 HEADLINE INDICATOR:
Percent of women who receive pregnancy-related health care services during the first trimester of a pregnancy

WHAT DOES THIS INDICATOR MEASURE?

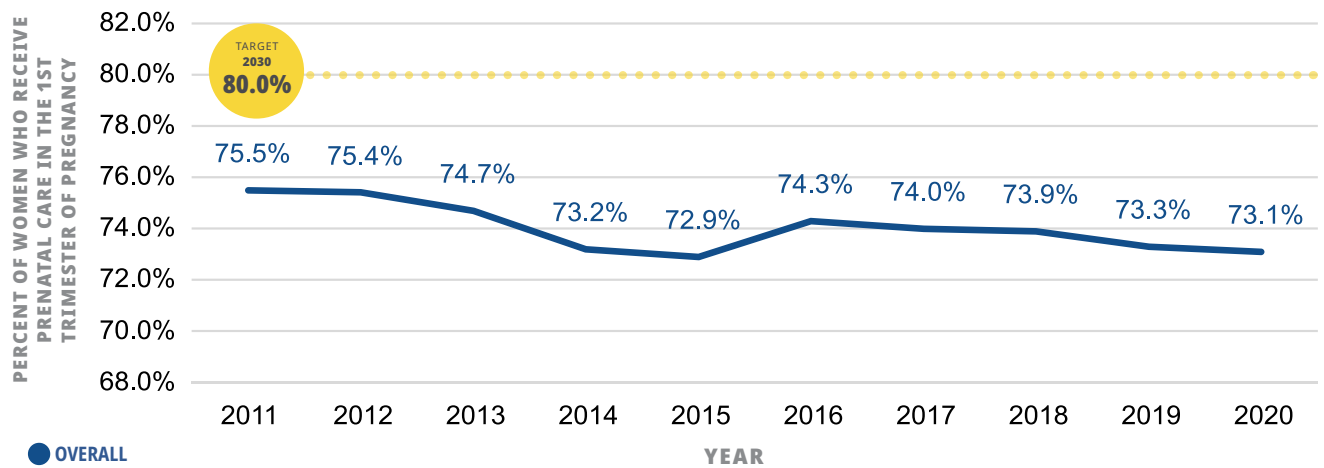
This is a calculated variable based on the difference between the date of last menses and prenatal care initiation. The indicator uses vital records birth certificate data, providing both frequencies and percentages.

BASELINE DATA FROM HNC 2030**HOW ARE WE DOING?**

- The HNC 2030 target is 80.0% of women will receive care in the first trimester of pregnancy.
- The percent of women receiving care in the first trimester of pregnancy is trending downward.
- Hispanic/Latinx women (62.9%) and Black/African American women (66.1%) have lower percentages of early prenatal care than White/Caucasian women (79.8%).

CURRENT DATA TRENDED OVER TIME

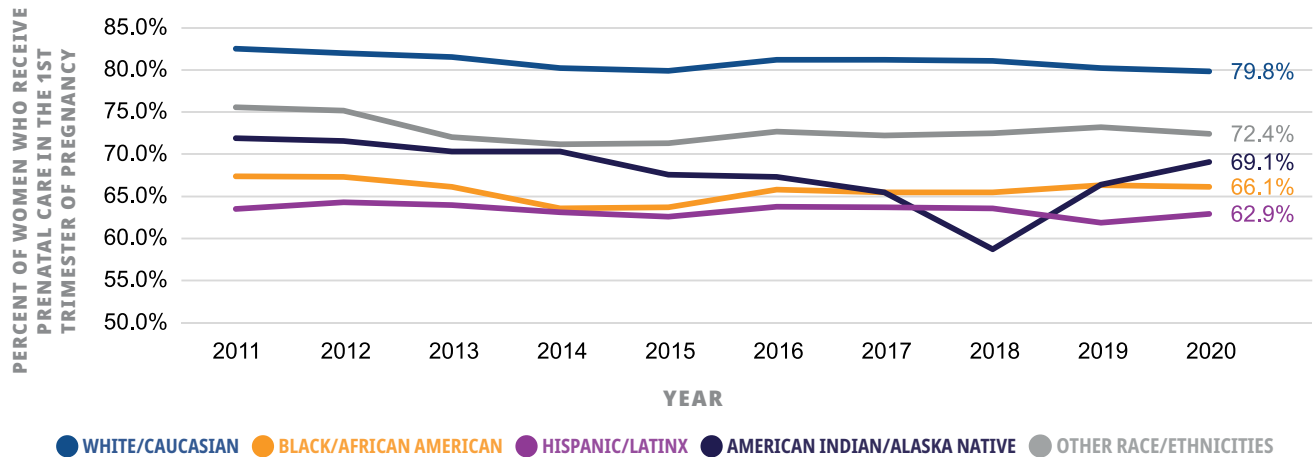
Figure 76. Early prenatal care use across populations in North Carolina (2011 - 2020)



Data source: N.C. State Center for Health Statistics, Vital Statistics.

The month prenatal care began is based on the date of the first prenatal care visit, date of birth, and the obstetric estimate of gestational age. Prior published N.C. State Center for Health Statistics reports have used the same calculation but used a calculated estimate of gestational age. To stay consistent with the National Center for Health Statistics we are now using the obstetric estimate in our publications and the prenatal care month calculation, which accounts for differences in prior published reports.

Figure 77. Early prenatal care use in North Carolina by race/ethnicity (2011 - 2020)



Data source: N.C. State Center for Health Statistics, Vital Statistics.

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THE STORY BEHIND THE CURVE

Racial discrimination is a significant risk factor for adverse birth outcomes. To best understand the mechanisms by which racial discrimination impacts birth outcomes, and to inform the development of effective interventions that eliminate its harmful effects on health, longitudinal research that incorporates comprehensive measures of racial discrimination is needed. Health care providers must fully acknowledge and address the psychosocial factors that impact health outcomes in minority racial/ethnic women.⁴

WHAT OTHER DATA DO WE NEED?

- Number of pregnancy care providers in the community
- Number of high-risk pregnancy care providers in the community
- Employer policies related to pregnancy care
- Number of community health care workers providing outreach and education
- Availability of public transportation to get to prenatal appointments

WHAT COULD WORK TO TURN THE CURVE?

- Allow certified nurse midwives to practice under their full authority
- Expand Medicaid eligibility
- Expand safe and reliable public transit options
- Provide group prenatal care, childbirth education, and doula services as covered services by Medicaid
- Strengthen workforce diversity and cultural humility in the delivery of prenatal care services
- Use community health workers to provide outreach and education to women of childbearing age in underserved communities
- Utilize the Children's Health Insurance Program option to provide coverage for comprehensive prenatal care to undocumented immigrant women

RECOMMENDED READING/LISTENING

Insurance Differences in Preventive Care Use and Pregnant Women in a Medicaid Nonexpansion State: A Retrospective Cohort Study.
<https://pubmed.ncbi.nlm.nih.gov/31397625/>

Medicaid Expansion Improves Pregnancy Outcomes for Low-income Women.
<https://www.openaccessgovernment.org/pregnancy-outcomes/102698/>

NC Maternal Mental Health Matters.
<https://www.med.unc.edu/ncmatters/>

Workshop on Advancing Maternal Health Equity and Reducing Maternal Mortality.
<https://www.nationalacademies.org/event/06-07-2021/workshop-on-advancing-maternal-health-equity-and-reducing-maternal-mortality>



NC PARTNERS WHO CAN HELP US

PARTNER/POTENTIAL PARTNER	WEBSITE LINK
Alliance of Black Doulas for Black Mamas	https://www.alliance-bdbm.com/
Maternal Support Services Baby Love Program	https://medicaid.ncdhhs.gov/beneficiaries/get-started/find-programs-and-services/maternal-support-services-baby-love-program
Care Management for High-Risk Pregnancies (CMHRP)	https://medicaid.ncdhhs.gov/transformation/care-management/care-management-high-risk-pregnancies-cmhrp
Community Care of North Carolina (CCNC) - Pregnancy Medical Home	https://www.communitycarenc.org/what-we-do/clinical-programs/pregnancy-medical-home
Count the Kicks	https://countthekicks.org/
Equity Before Birth	https://www.equitybeforebirth.com/
Federally Qualified Health Centers (FQHC)	https://medicaid.ncdhhs.gov/providers/programs-services/medical/federally-qualified-health-centers
Healthy Blue- Cityblock Health	https://www.fiercehealthcare.com/payer/cityblock-health-teams-up-blue-cross-nc-to-serve-medicare-ma-patients-north-carolina
Health Equity and Racism (H.E.R.) LAB	https://www.herlab.org/
March of Dimes - NC Chapter	https://www.marchofdimes.org/pregnancy/prenatal-care.aspx#
NC Child	https://ncchild.org/
NC DHHS Healthy Opportunities	https://www.ncdhhs.gov/about/department-initiatives/healthy-opportunities
NC Maternal Mental Health MATTERS (Making Access to Treatment, Evaluation, Resources, and Screening Better)	https://www.med.unc.edu/ncmatters/
North Carolina Area Health Education Centers (NC AHEC)	https://www.ncahec.net/healthy-north-carolina-2030/
North Carolina Community Health Center Association (NCCHCA)	https://www.ncchca.org/
North Carolina Perinatal Health Strategic Plan	https://whb.ncpublichealth.com/phsp/
MomsRising	https://www.momsrising.org/
Perinatal Quality Collaborative of North Carolina (PQNC)	https://www.pqnc.org/
Planned Parenthood	https://www.plannedparenthood.org/health-center/north-carolina/raleigh/27603/raleigh-health-center-3338-90860?gclid=CjwKCAiAp8iMBhAqEiwAJb94zxOb9wekSKus28vrSvTz-3s0E5QScCUNqEr0NqBYOaxLHtQ0b7TWXBoCBqkQAvD_BwE
Postpartum Support International - North Carolina Chapter	https://psichapters.com/nc/
The UNC Center of Excellence in Maternal and Child Health Education, Science, and Practice	https://sph.unc.edu/mch/center-of-excellence/
UNC Collaborative for Maternal and Infant Health	https://www.mombaby.org/